

UC Agriculture & Natural Resources

4-H, Youth and Family (includes home livestock)

Title

4-H Fitness Project

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4-H FITNESS PROJECT



In this project, youth learn how to increase physical activity in a safe and fun atmosphere. Youth can participate in a variety of 4-H fitness projects including yoga, surfing, hiking, running, walking, strength training and more.

- Set daily goals for physical activity.
- Discover health benefits associated with physical fitness.
- Decrease time spent watching television or playing video games.
- Explore the importance of fitness in relation to quality of life.

Starting Out <i>Beginner</i>	Learning More <i>Intermediate</i>	Exploring Depth <i>Advanced</i>
<ul style="list-style-type: none"> • Learn basic locomotor movement (skip, tip-toe, leap, jump) in a fun way. • Learn guidelines for good sportsmanship. • Practice catching and throwing objects, such as balls, Frisbees and bean bags. • Identify a variety of sports equipment. • Learn to play a variety of active games, such as tag and capture the flag. • Understand the benefits of limiting screen time to less than 2 hours each day. 	<ul style="list-style-type: none"> • Learn to play a racket sport. • Demonstrate how to take your pulse. • Learn a line dance. • Explore board sports, such as skateboarding, snowboarding and surfing. • Learn how to stretch and know the related benefits. • Attend a sporting event. • Create an obstacle course and complete it. • Learn playground games, such as four-square, hopscotch and hula-hooping. 	<ul style="list-style-type: none"> • Go backpacking. • Learn water sports, such as white water kayaking, wind surfing and water polo. • Train for and complete a half-marathon. • Study the relationship of fitness and metabolism. • Learn to ballroom dance. • Discover the rules and etiquette of golf. Play a round. • Learn to use a pedometer to track your steps. • Tour a fitness gym and attend a group exercise class.

The activities above are ideas to inspire further project development. This is not a complete list.

4-H THRIVE

Help youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic and demanding goal.

Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.

Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.



Expand Your Experiences!

Healthy Living

- Coordinate a community bike ride. Invite a local agency to discuss bicycle laws and safety.
- Replace one trip each week with walking or biking rather than riding in a car or driving.
- Learn a variety of cultural dances and share them at a community event or fair.
- Explore the relationship between physical activity and stress.

Science, Technology, Engineering, and Mathematics

- Research how pedometers and accelerometers work. Develop an experiment to measure and compare their accuracy.
- Visit <https://www.hhs.gov/fitness/be-active/> to track your physical activity online.
- Use a GPS unit to participate in a “geocache” hunt. Walk or bike to each cache location.

Citizenship

- Renovate an outdoor walking or hiking trail to encourage physical activity in your community.
- Lead a park clean-up day, so other youth have a safe outdoor space to play.
- Coordinate a sports equipment drive and donate the goods to a school in need.
- Organize a Relay for Life walking event in your community.

Leadership

- Conduct a county wide physical activity competition. Organize club-based teams to compete.
- Volunteer to be the club health or physical recreation officer.
- Lead your club in active play at your next club meeting. Include information about the benefits of living an active lifestyle.

Resources

- 4-H Color Me Green Run
4h.ucanr.edu/Projects/HealthyLiving/Color_Me_Green_5K_Run/
- National Safety Council
www.nsc.org
- Let's Move!
www.letsmove.gov
- American Heart Association
www.heart.org
- We Can!
www.nhlbi.nih.gov/health/educational/wecan/
- Bam! Body and Mind
www.cdc.gov/bam/
- CANFIT
www.canfit.org
- Disney Healthy Living
citizenship.disney.com/try-it
- SPARK
www.sparkpe.org
- Playworks
www.playworks.org
- Safe Routes to School
www.saferoutesinfo.org

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.



Connections & Events

Presentation Days – Share what you’ve learned with others through a fitness-related presentation.

Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.

Curriculum

- Keeping Fit and Healthy
www.4-hmall.org
- You’re the Athlete
estore.osu-extension.org
- YOUth in Motion
4h.unl.edu/4hcurriculum/physicalfitness
- Bicycle Adventures
www.4hmall.org
- Jump into Food and Fitness
msue.anr.msu.edu/program/info/jump_into_foods_and_fitness_jiff
- Up for the Challenge: Lifetime Fitness, Healthy Decisions
www.4-hmilitarypartnerships.org/

4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit <http://ucanr.edu/orb/>

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